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# Summer 2019

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#### **PUBLISHER**

Peter Philips 206-284-8285 peter@philipspublishing.com

#### **ADVERTISING SALES**

Greg Borland 206-979-6928 greg@philipspublishing.com

#### **EXECUTIVE EDITOR**

Mark Hoppen 206-248-8246

#### MANAGING EDITOR

Brooks Wall 206-248-8248

#### **ACCOUNTING**

Crystal Alaniz

#### **PRODUCTION**

Colleen Rhay



#### CITY HALL

801 SW 174th Street Normandy Park WA 98166

CITY HALL MAIN LINE 206-248-7603

Philips Publishing Group

4257 24th Avenue W Seattle WA 98199 206-284-8285 www.philipspublishing.com

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**NEXT TO WALLY'S IN DES MOINES** 



Jonathan Chicquette Mayor

## **Community Matters**

To understand Normandy Park residents, their likes, dislikes, hopes and expectations of service and support, the Normandy Park Communications Committee, comprised of resident volunteers, staff and three councilmembers, established branding strategies to guide a deeper understanding of what is important to you and your neighbors, and what you would like to see the city become in the coming years.

Through a continuing series of surveys, we have learned a great deal about how people feel about Normandy Park, increasing our knowledge base concerning your expectations of service levels, safety, and community. By using a variety of surveying methods; starting broadly with open-ended questions in free form responses, then moving into quantitative questions, we can identify sentiment and specific words that have the most significant impact within the community. Safety was ranked very highly as something the community thinks of as a key feature. Not too surprising with the number of supporters we have for our police department.

It is data collection and inspection, discussion, and validation, that guides us to learn, not guess. The learned information drives better questions and even better ways of thinking. Ultimately it points the way to a brand that identifies with who we are. The brand is the truth both in a visual representation and in the way we conduct ourselves. It is who we are as residents, neighbors, elected officials, and city employees. Through our mission to our vision and into every blade of grass, we exude the things that define the history of who we were and the future of who we will become.

As our story emerges, we will continue to involve everyone willing to participate to ensure we tell the whole story in the best way possible. We will diligently work to make every step of the process as easy to understand as possible. The goal is to build a brand from the inside out, utilizing our best resource, the many constituents who respect and enjoy this unique and peaceful city and wish to preserve it.

Would you like to participate in future surveys? Sign up online for the e-news. Future surveys will be sent to you by email. Make sure to add bwall@normandyparkwa.gov to your contact list, so the emails are received and not sent to junk.



#### CITY DIRECTORY

City Hall

801 SW 174th Street Normandy Park WA 98166

City Hall Main Line 206-248-7603

Police Non-Emergency 206-248-7600

Police & City Hall Office Hours

8:30am-4:30pm and closed noon-1pm Monday through Friday

City Administration

City Manager 206-248-8246

City Clerk 206-248-8248

**Finance Director** 206-248-8251

**Accounting Specialist** 206-248-8247

**Community Development** Director 206-248-8253

**Parks Director** 206-248-8257

**Permit Tech** 206-248-8260

**Public Works Operations** 206-248-8269

**Public Works Engineer** 206-248-8256

Recreation/Facility Scheduling 206-248-7603

**Police Chief** 206-248-7600

Police Records Manager 206-248-7600

#### **Contact Your City Council**



Position 1 Shawn McEvoy 206-248-8291 Shawn.McEvoy@ normandyparkwa.gov



Position 2 Susan West 206-248-8289 Susan.West@ normandyparkwa.gov



Position 3 Jonathan Chicquette 206-248-8286 Jonathan.Chicquette@ normandyparkwa.gov



Position 4 Mike Bishoff 206-248-8287 Mike.Bishoff@ normandyparkwa.gov



Position 5 Michelle Sipes-Marvin 206-248-8288 Michelle.Sipes-Marvin@ normandyparkwa.gov



Position 6 Patrick McDonald 206-248-8290 Patrick.McDonald@ normandyparkwa.gov



Position 7 Sue-Ann Hohimer 206-248-8292 Sue-Ann.Hohimer@ normandyparkwa.gov

#### MONTHLY MEETING CALENDAR

**Arts Commission** 1st Tuesday, 7pm

**Economic Development Committee** 1st Wednesday, 6pm

**Council Meeting** 2nd Tuesday, 7pm

**Metropolitan Parks District** 2nd Tuesday, 6:30pm (if necessary)

Civil Service 3rd Tuesday, Noon (if necessary)

**Park Commission** 3rd Wednesday, 7pm

**Planning Commission** 3rd Thursday, 7pm

**Council Study Session** 4th Tuesday, 7pm (if necessary)

# **Council Corner**

### Why Economic Development is the most Important **Issue Facing Normandy Park Today**

BY PATRICK MCDONALD, CITY COUNCIL MEMBER

Most of Normandy Park's revenue to run the city comes from property tax. Our staff does a great job of maintaining a balanced budget to keep our city afloat with limited means. We often have to decide between upgrading roads and sidewalks or replacing a recreational center within a manageable amount of time. Because of this, it's my opinion that primarily using property tax income to fund our city is a problem we need to address.

Unfortunately, this strategy often requires us to go back on increases in our property taxes every six years, and we need a solution to lighten the burden for our citizens. I believe our main priorities should include focusing on economic development, growing the city's tax base, supporting business development, and concentrating on commercial activity along 1st Avenue South.

Here's the good news. I believe Normandy Park has the potential to capitalize on our assets and tackle our challenges head-on.

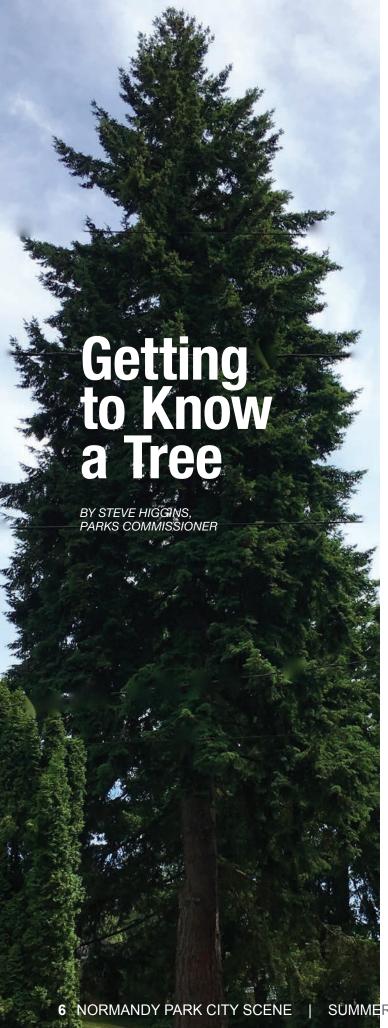
Step one is to provide an outline for the city to follow in regard to economic development. Over the course of the last year, the Economic Development Committee (EDC) and council, with the help of Berk Consulting, has started to develop an economic development component of the city's comprehensive plan. This plan will allow us to outline tactical goals for all aspects of economic development for our city and will give us a road map for not only the immediate future, but to guide us 20 years down the road.

Our goal is to maintain the integrity of what makes Normandy Park so great our trees, livability, and safe family-friendly neighborhoods—and then balance these things with strategic development opportunities that complement our city and continue to benefit our residents.

We first looked at where we can capitalize on economic growth. It comes as no surprise that focusing commercial growth along 1st Avenue South makes the most sense. We've already taken action by proposing changes to the future land use map for several areas of 1st Avenue that would allow for more commercial and residential development. It's my opinion that we need to expand our zoning code for a broader type of development and increase our height restrictions to foster the economies of scale needed to spur appropriate commercial development along this corridor.

Second, we must continue to support business development through strategic partnerships like the Southside Chamber of Commerce and local non-profits such as Friends of Normandy Park. It's vital that we support and expand our existing businesses in the city, but at the same time put ourselves in a position to attract new and complementary businesses to Normandy Park.

Finally, this will allow us to grow the city's tax base with sales tax revenue, lodging tax revenue, and bringing more people who live and spend in Normandy Park. If we can take just a portion of the property tax burden off our budget and supplement it with a different type of revenue, it would allow



ello, my name is Doug, Doug Fir-guson. I'm 110, 35,000. That's 110 feet tall and 35,000 pounds, and consider myself an active 60-year-old. I have lived on Marine View Drive SW my entire life, yet I have family and relatives all around the world. I would describe myself as quiet and introverted. I adore the outdoors, love food, and enjoy a good, stiff drink (water of course). I prefer the climate of the Pacific Northwest. It suits me just fine. I worship the sun when it is out, luxuriate in the cool rain and relish the nice blow dry from the southwest breeze. Co-existing with people is very interesting to me. I've learned a lot over the years, and here is why I think we should be besties.

We have much in common (no really, we do) and to remain besties we will need to work together. I watch you drive, bike, run, walk, and see that you drink water and electrolytes to stay hydrated. I love water and minerals, too, and need many gallons daily, just like you. I see that you have sturdy feet, legs, and core to support and stabilize your body. I have buttress roots in front and back of the prevailing wind direction. I have a tall, sturdy frame to allow me to grow tall. When the wind blows, I enjoy a good, healthy workout. It provides resistence, similar to what you experience at the gym. It also helps me watch my expanding waistline or, as you call it, my diameter, which is at your chest height. Windy workouts make me stronger so I can better resist toppling over or breaking limbs during strong, PNW storms.

Food. Love food! Especially carbohydrates! I hear it's your primary source of fuel and stored as glycogen in your muscles. Well, the same is true for me. I can photosynthesize my own food, which is also carbohydrates, then store it in my roots and trunk to use when needed.

You have a vascular system transporting blood, nutrients, electrolytes, etc. My vascular system transports needed food, water, and nutrients throughout my structure. I watch you running and riding your bike, and your body responds by perspiring. Don't feel bad; I do, too, except I call it transpiring. All that water I drink is delivered to all of my parts, and at certain times of the day, I open my stomata (they are small openings in my leaves) so that I can sweat, too. My roots then drink in more water and send it upward. I call it transpirational pull. And, by the way, thanks for breathing out CO2! I need lots of it, and I know for a fact that you can't live without the oxygen that I give off all day long. Not much on this planet will live without oxygen, so I am happy to contribute!

Our summer sun can be intense. I have seen many of you use sunscreen to protect your skin. I have bark that protects me from the sun's rays, but some of my friends' bark is much thinner, and they can quickly burn. From what I hear, it really hurts. My bark also holds things together and protects me from all sorts of damage. Your skin holds things together,



# **Tree Education Materials Available**

BY RYAN HARRIMAN, EMPA, AICP, COMMUNITY DEVELOPMENT DIRECTOR

Trees have long been a subject of interest and a topic of discussion and it's no wonder; they represent life, growth, peace, and nature.

Trees provide us with many benefits necessary for survival, including clean air, filtered water, shade, and food. They also give us hope and insight, and courage to persevere – even in the harshest conditions. Trees teach us to stay rooted while soaring to great heights.

The City of Normandy Park is committed to the preservation and protection of our tree canopy. Trees provide important aesthetic, environmental, and economic benefits and are an integral part of the City of Normandy Park's character. To better serve our residents, we have provided tree education materials written by the International Society of Arboriculture (ISA).

You can access all tree education materials at https://normandyparkwa.gov/tree-education/

For assistance please call (206) 248-8260 or email permits@normandyparkwa.gov.

Below is a list of the educational materials that can be found on the city website:

- Avoiding Tree Damage **During Construction**
- Benefits of Trees
- Buying High-Quality Trees
- Insect and Disease Problems
- Mature Tree Care
- New Tree Planting
- Palms
- Plant Health Care
- Proper Mulching Techniques

- Pruning Mature Trees
- Pruning Young Trees
- Recognizing Tree Risk
- Treatment of Trees Damaged by Construction
- Trees and Turf
- Tree Selection and Placement
- Tree Values
- Why Hire an Arborist?
- Why Topping Hurts Trees

#### **CONTINUED FROM PAGE 5 - COUNCIL CORNER**

the city to give our residents better parks, streets, and facilities, without relying strictly on property taxes or on excess property tax levies.

The EDC is not just for members of the council; it takes a village, and we encourage business owners, residents, and local advocates to help us build and implement our plan. The EDC meets the first Wednesday of each month from 6 to 7:30 pm in the council chambers and over the course of the next several meetings, we will be finalizing our economic development element. We look forward to seeing you there.

#### **CONTINUED FROM PAGE 6 -KNOW A TREE**

too. My immune system is similar to yours; it fights off infection, disease, and keeps me healthy. If you get a cut on your skin, it heals. If I get a cut, I compartmentalize with callus and chemicals to fight off any bad stuff from getting "under my skin." I have cells that multiply and tissue that grows. Sound similar? You lose skin cells and hair every day. Sometimes I lose a limb and frequently shed my needles. I hear they are an excellent fertilizer; the nitrogen naturally enriches the soil.

I just want to mention a few more things that I do for you of which you may not be aware. That jet fuel from the airplanes and the stuff that comes out of your cars as pollutant, I put to good use and store as carbon in my wood. All of that rain that rapidly falls from the clouds, I slow down with my needle-limbed canopy and then drink hundreds of gallons to help prevent soil erosion and other waterrelated runoff issues. When I am in the windy "gym," my limbed canopy slows down and buffers those strong wind-load forces. My canopy can provide shelter for your home in the winter and summer. I can face that hot sun in the summer months and shade your home so that it stays cool and welcoming.

I love to share my structure with hundreds of animals for homes, shelter, and a place to play. I have been told that I can increase your property value by adding beauty to your space. It sounds crazy, but I've heard I can reduce your stress level and mental fatigue and enhance your overall mental and physical health. Wow!

I believe we make perfect besties. Hope you do, too! See you around the park,

Mr. Douglas Fir-guson



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# **Why Urban Forestry is Important**

BY RYAN HARRIMAN, EMPA, AICP, COMMUNITY DEVELOPMENT DIRECTOR

rban forestry is the careful care and management of city forests, i.e., tree population in urban settings for the purpose of improving the town environment. Urban forestry advocates the role of trees as a critical part of the city infrastructure.

Urban foresters plant and maintain trees, support appropriate tree and forest preservation, conduct research, and promote the many benefits trees provide. Urban forestry is practiced by municipal and commercial arborists, municipal and utility foresters, environmental policymakers, city planners, consultants, educators, researchers, and community activists.

"A nation that destroys its soils destroys itself, Forests are the lungs of our land, purifying the air and giving fresh strength to our people."

FRANKLIN D. ROOSEVELT

#### **BENEFITS OF OUR URBAN FOREST**

Trees shade our homes and beautify the places where we live. They also function to reduce soil erosion and flooding, as well as improve local air and water quality. Medical studies have established that the presence of trees can improve emotional and psychological health, reduce blood pressure, stress, and cortisol levels.

Trees put people at ease. Beautiful colors and foliage create a pleasant atmosphere, helping establish a comfortable life. Pleasant living environments encourage residents to walk more, leading to more neighborly contact and interaction, and even a reduction in crime.

#### **ENERGY CONSERVATION**

Trees provide both heating and cooling benefits to homes and the city. By absorbing sunlight, and casting shade, trees prevent solar radiation from heating surfaces such as concrete, brick, and asphalt. Water vapor released from leaves helps cool the air. In the summer months, trees can save energy used to run air conditioners, and reduce the overall temperatures of the city by five to 10 degrees Fahrenheit. In winter months, trees drop their leaves, allowing light to penetrate into homes. They also reduce wind speeds, reducing the chilling effects of cold temperatures. In these ways, trees help conserve energy.

#### **AIR POLLUTION**

Carbon in the atmosphere is a significant cause of pollution in urban areas. Carbon raises the temperature of the air above cities by trapping heat and other particulates. This heat-trapping is known as the "urban heat island effect." Scientists are currently studying this phenomenon; however, they already know that trees reduce and can reverse the impacts of the heat island effect by capturing large amounts of carbon through their leaves. Trees act as carbon sinks. One tree can store more than 25 pounds of carbon every year and convert it into oxygen. Trees are one way to mitigate increasing rates of air pollution.

#### **INCREASED PROPERTY VALUES**

A well-planted and well-maintained tree can add value to your property, reduce your energy costs in the summer, provide insulation in the winter, increase the aesthetics of your neighborhood, as well as provide shade, pleasing fall colors, habitat for native animals, and even provide privacy from neighbors.

Identifying your reasons for planting a tree can be a great first step to selecting the right tree to meet your needs and to fit well with your property. Recent appraisal studies show a 10-23 percent higher value for property with trees. Their presence also increases the rate of sale. Mature trees have a more influence on these statistics than younger, newly planted ones. Trees are now recognized as a real asset to property values and the marketability of real estate.

#### WATER QUALITY AND EROSION CONTROL

Trees and other vegetation intercept rainfall before it hits the ground deflecting the impact of rainfall on soils. Roots help to hold the soil in place, reducing the rate of erosion and sediment build-up in our streams. This erosion control benefit protects the sources of our drinking water and the quality of water for fish habitat. Another way trees affect water quality is by replenishing soil moisture and filtering stormwater runoff. In this way, the urban forest can benefit the city's infrastructure by reducing the volume of stormwater needed to be cleansed by our treatment facilities, and by enhancing the quality of streams and rivers for people to enjoy.

#### BENEFITS TO THE ECONOMIC ENVIRONMENT

A healthy urban forest enhances the economic stability of our local economy by attracting business and people. Surveys have revealed that people are willing to stay longer and spend more money in shopping districts that are well treed. Apartments and office buildings with trees have higher rates of occupancy. People considering relocating to an area consider trees a significant part of what makes a place livable. The comfort of a tree-lined sidewalk, a shaded parking lot or office, or a treed park has shown to directly benefit local economies.

#### **BEAUTIFICATION**

Trees make the places we live beautiful. Beauty may have profound benefits. People are happier seeing places of beauty. Studies show that human contact with nature, even a view of trees from a window, can reduce daily stress.

Crime levels in communities are reduced when there are extensive street tree systems and well-landscaped parks. Positive emotional states are associated with being in or looking at things that are beautiful in a city. Trees and vegetation provide much of the color, variety, shapes, and sounds that are beautiful in a city. They reduce noise and light pollution, ugly screen views, and establish green spaces for people to enjoy. The benefits of trees in the urban environment are often intangible, but very important toward understanding the value of our urban forest.





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# **Park Planning Update**

BY AMANDA I FÓN

The Normandy Park Park's Commission and Arts Commission have been holding public meetings discussing Marvista Park improvements since August 2018. The city partnered with J.A. Brennan Associates to host community open house meetings on-site and at City Hall to gather ideas and information for the park's future. Those meetings generated a list of prioritized updates that include new walking paths throughout the park, a planted buffer along 200th Street, artful entrance signage, additional picnic tables and seating, and plans for the aging tree canopy. The city will begin construction in 2020.





he Community Foresters are a group of local stewards committed to enhancing the upper section of Marine View Park by removing harmful, invasive vegetation, and installing healthy, native plants. They are learning all about restoration ecology and how to help our forests thrive! We invite you to join our Community Foresters and be a part of Marine View Park's renewal!

"I don't know if I was in a particularly receptive mood or whether it was the day, but this afternoon the trees and the sky and everything had quite an extraordinary effect on me." C.S. LEWIS

Join the Community Foresters and support restoration efforts at Marine View Park! Come to our First Saturdays Work Party from 10am to 2pm on July 6, August 3, September 27 and November 2.

There is no experience necessary – just bring your enthusiasm, water bottle, lunch, tough shoes and clothes, and layers for the weather. Spending time in nature has endless mental and physical health benefits, and there is no better way than to work with others making our forests a better place.

For more information call Joy Wood at 206-963-5704, or email community.foresters@normandyparkwa.gov

Restoration Analytics & Design LLC works with the King Conservation District (KCD) Urban Forest and Health Management Program to bring this opportunity to the City of Normandy Park.



# THURSDAY NIGHTS AT MARVISTA PARK, 5-7 PM

19990 4TH AVE SW. NORMANDY PARK, WA 98166

- JULY 11TH- SOIL NUTRITION
- AUG 8TH- GOOD AND BAD BUGS
- SEPT 12TH- GOODNIGHT SWEET GARDEN

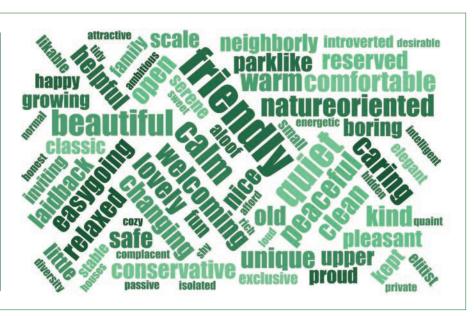


### COME VISIT THE GARDEN AND LEARN ABOUT ORGANIC GARDENING!

Questions??? Contact Amanda León, aleon@normandyparkwa.gov 206.248.8257

**SURVEY QUESTION:** 

What do you like best about Normandy Park?



# What's up with trees?

BY AMANDA LEÓN

n the last few years, the Metropolitan Parks District staff and consulting arborist have noticed that something is happening to the trees in the 115 acres under our stewardship. We've noticed our big-leaf maples, Douglas-firs, Western Red Cedar, Pines, and Western Hemlocks have been suffering. What we see is partial or entire crown dieback, discoloration, flagging leaves, shriveled leaves, yellowing or brown-tipped leaves, reduced leaf size, heavy seed production, crown thinning, and sometimes death. I've been attending urban forestry conferences in the Puget Sound area for the last few years, and all of the urban forestry managers in the room share stories about losing some of their most historic and significant trees.

The Climate Impact Group at the University of Washington attributes much of these symptoms to drought stress. The Puget Sound's climate is changing-impervious surfaces are increasing and higher summer temperatures. Since 2012, we've had summer drought conditions and increased rainfall in early spring and fall. This contributes directly to drought stress in trees.

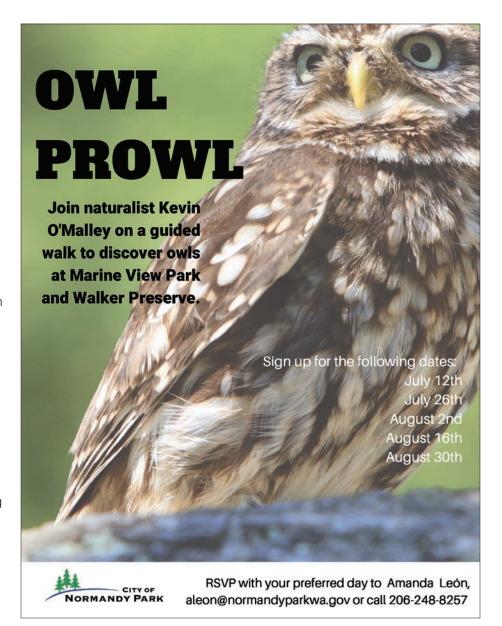
According to Patrick C. Tobin, an entomologist at the School of Environmental and Forest Sciences, University of Washington, when these trees are suffering from drought, and they become stressed, trees' natural defenses become compromised. This provides opportunity for increased insect and pathogen attacks.

With increasingly wet spring and fall seasons in conjunction with hot summers, insects are able to reproduce several generations very quickly. This is why we are seeing bark beetles, leafhoppers, aphids, lacewings, mites, and scale in many of our parks and Right-of-Way tree collections. These wet spring and fall seasons also help with the proliferation of the common fungal diseases that affect the trees and create more significant problems for stressed trees.

The Washington State Department of Natural Resources (DNR) suggests that extra care is needed for trees during drought conditions, as they become more vulnerable to pathogens, insects, and diseases. The following tips will help mitigate drought stress:



- Select native and drought tolerant species that are appropriate for your site and growing conditions.
- Thin stands of trees during normal years, not within a drought-if possible, as thinning can cause short-term increase in water stress. Remove damaged, stressed, or dying trees.
- Control vegetation under trees —especially grasses—as they compete for soil moisture.
- Remove freshly dead or dying trees and branch piles to prevent insect infestations and outbreaks.
- Avoid damaging and compacting soil around root tree zones from vehicles or walking, especially in the wet season.
- Irrigate landscape trees during dry weather. Allow water to soak in slowly over many hours to penetrate root systems.
- Apply mulch or arbor chips around trees to retain soil moisture.
- Do not change the drainage around existing trees.
- Do not fertilize during drought season. Fertilizer stimulates foliage production and will increase water requirements from the boosted photosynthesis process.





## **Significant Trees in Normandy Park**

# **TREEmendous Assets!**

BY AMANDA LEÓN

hile visiting your local park in Normandy Park, you are likely to see a variety of trees. On any given visit, you can find many tree species, young and old, native and non-native, small and large, etc. In managing the parks, I've noticed some amazing trees. Here are some of my favorites:

#### Madrone (Arbutus menziesii) A glorious, multi-stemmed Madrone can be found in the forest at Nist Park. This large Madrone even has a cute fairy door at the bottom of the tree. Madrone is an evergreen with thick leaves and naturally exfoliating orange-red bark. It produces small flowers that later turn into red berries that native birds and wildlife enjoy. Madrones reach 33-100 feet. They are notoriously difficult to establish and grow in south or southwest facing slopes in gravely soil.



### alder

(Alnus rubra) Alder is a fastgrowing tree that loves to establish in ravines, creeks, and wetlands. Alders grow quickly and usually reach 40-80 feet but rarely live past 100 years. Nature Trails park has many Alders growing in the wetland area. Alders host nitrogen-fixing bacteria on their tree roots. Because of this benefit, Alders are often planted in recently forested sites to help improve soil fertility for future conifer forests.



## Western Red Cedar

(Thuja plicata) This is a prevalent evergreen tree in all parks. When happy, Western Red Cedars grow to 213-230 feet! This PNW native has a faint smell of pineapple when the foliage is crushed.

Seguoia (Sequoiadendron giganteum) Twin Sequoias guard the playground at Marvista Park. They are a perennial favorite with urban foresters as they are more drought tolerant than other trees. With heights of 164-279 feet, these evergreens are aptly named Giant Sequoia!





Douglas Fir (Pseudotsuga menziesii) Walker Preserve is home to "Grandpa Doug," a huge Douglas Fir; it's about a third of the way along the Miller Creek trail. Douglas Firs are medium-sized to extremely large trees, reaching anywhere from 70-330 feet tall. If you see them in the forest, notice that their lower branches fall off as the trees put more energy into their upper branches searching for sunshine.

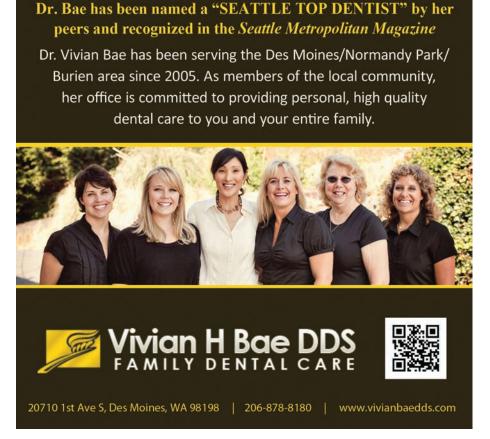


(Tsuga heterophylla) Hemlocks are native to the PNW and are the Washington State Tree. They are a common large evergreen, growing to 165-230 feet. Hemlocks are shade tolerant, and typically grown under the canopy of other conifers such as Sitka Spruce and Douglas Fir.





(Acer macrophyllum) This maple lives up to its name. It has large leaves that usually measure 6-12 inches. Although smaller than other park trees at 50-65 feet, the Big Leaf Maple makes up for its height with a glorious fall color display of orange, red, and yellow leaves.



## MOUNT RAINIER POOL GOVERNED BY THE DES MOINES POOL METROPOLITAN DISTRICT



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2019 SUMMER SCHEDULE (July 1-August 19)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		•	SHALLOW END			•	
Work		:30–8:30 am Water Walkin er belts and walk the pool.		Swim.	- 7–11 am		
	Daily, 10-Vi	8:30–9:30 am Aerobics sit, 3-Month and Annual P	ass Options.		Swim Lessons		
		<b>swim Lessons</b> le. Summer Only!		<b>9:30 am–Noon</b> Family Swim	11 am–1 pm Family Swim	11 am–1 pm Family Swim	
		<b>Noon–2 pm</b> Open Swim			<b>1–2 pm</b> Clean & Set-up	<b>1–3 pm</b> Rentals	
	<b>2–4 pm</b> Cleaning						
4–8 pm	<b>4:30–7 pm</b> Swim Lessons	. 4–8 pm	<b>4:30–7 pm</b> Swim Lessons	. 4—8 pm	<b>4–6 pm</b> Rentals		
Family Swim	<b>7–8 pm</b> Aerobics	Family Swim	<b>7–8 pm</b> Aerobics	Family Swim			
			DEEP END				
		<b>5:30 am–Noon</b> Lap Swim			7:00–9:00 am Swim Lessons		
	Noon-2:00 pm Open Swim					11 am–1 pm Lap Swim	
	<b>2–4 pm</b> Cleaning					<b>1–3 pm</b> Rentals	
4–8 pm	4–6 pm 4–8 pm 4–8 pm 4–8 pm 4–8 pm				<b>2–4 pm</b> Open Swim		
Lap Swim	Lap Swim Lap Swim 6-4	<b>6–8 pm</b> Lap Swim	Lap Swim	Lap Swim	<b>4–7 pm</b> Rentals		



# Come See the Difference!

- Now Open 7 days/week
- More Weekend Family and Open Swim Times
- Expanded Scholarship Program
- American Red Cross Swim Lessons

#### www.MtRainierPool.com

#### Office Hours:

Mon-Fri, 5:30 am-8 pm Saturday, 7 am-4 pm (Rentals 4-6 pm) Sunday, 11 am -1 pm (Rentals 1-3 pm)



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#### **WATER AEROBICS**

A fun and refreshing way to get and stay in shape					
Monday - Friday	8:30–9:30 am				
Tuesday/Thursday	7–8 pm				

# LAP SWIM Swim your way to better health and fitness Monday - Friday 5:30 am-Noon Mon - Tue -Thu - Fri 4-8 pm Wednesday 6-8 pm Saturday 9 am-1 pm

11 am-1 pm

FAMILY/OPEN SWIM (OS)				
Open Swim include both shallow and deep end				
Monday - Friday	Noon-2 pm (OS)			
Mon - Wed - Fri	4–8 pm			
Saturday	11 am-1 pm and 2-4 pm (OS)			
Sunday	11 am–1 pm			

#### **POOL RENTALS**

Sunday

The pool is available Saturdays (4–6 pm) and Sundays (1–3 pm) for party rentals and trainings throughout the week.

Rental includes mats, noodles, a diving board, and lifejackets upon request.

There are also premium rentals of our Wibit (3rd Saturday only) and Water Walk.

We are typically able to schedule rentals up to 3 months in advance. Payment for all rentals are due at the time of booking.

RATES	Resident	Non-Resident
<25 people in water	\$90	\$99
26 - 60 people in water	\$120	\$132
61 - 103 people in water	\$150	\$165
Front lobby	\$45	\$49.50

#### PREMIUM EQUIPMENT RENTALS

RATES	Resident	Non-Resident
Wibit (3rd Saturday only)	\$70	\$70
Water Walk	\$40	\$40

Give Your Kid a Party to Remember with the Wibit!



#### **FEES AND PASSES**

\*Resident Discount: Residents of Des Moines and Normandy Park receive a discounted fee for all passes and programs.

Daily Passes	Open Swim		Lap Swim		Water Exercise	
	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident
Adult (18–61)	\$3.75	\$4.50	\$4.50	\$5.25	\$6.50	\$7.25
Senior (62+)	\$3.00	\$3.75	\$3.25	\$4.00	\$5.75	\$5.00
Youth (2–17)	\$3.00	\$3.75	\$3.25	\$4.00	\$5.75	\$5.75

10-Visit Passes	Open Swim		Open Swim Lap Swim		Water Exercise	
	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident
Adult (18–61)	\$34.00	\$40.50	\$39.00	\$47.25	\$51.50	\$60.00
Senior (62+)	\$27.00	\$34.00	\$36.00	\$28.00	\$42.50	\$51.00
Youth (2-17)	\$27.00	\$34.00	\$36.00	\$28.00	\$42.50	\$51.00

Facility Passes***	3 Month		Annual		Monthly**	
	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident
Adult (18-61)	\$125.00	\$145.00	\$399.00	\$499.00	\$37.00	\$42.00
Senior (62+)	\$79.00	\$96.00	\$199.00	\$239.00	\$18.00	\$22.00
Youth (2–17)	\$79.00	\$96.00	\$199.00	\$239.00	\$25.00	\$30.00
Disabled Swimmer	\$89.00	\$109.00	\$251.00	\$299.00	\$23.00	\$28.00
Family	\$249.00	\$299.00	\$475.00	\$575.00	\$44.00	\$53.00

Water Exercise Passes	Annual		Mo	nthly**
	Resident*	Non-Resident	Resident*	Non-Resident
Youth (2–17)	\$384.00	\$434.00	\$40.00	\$49.00
Adult (18–61)	\$499.00	\$559.00	\$45.00	\$55.00
Senior (62+)	\$384.00	\$434.00	\$40.00	\$49.00



- \* Residents of Des Moines and Normandy Park receive a discounted rate.
- \*\* Monthly Payment Passes-participants are required to make annual (12 month) commitment.
- \*\*\* Facility passes give users access to Open, Family, Lap and Water Walking Swims.

#### **SWIM LESSON INFORMATION**

Our American Red Cross Learn-to-Swim program is designed to help participants of all ages and ability levels become safe and proficient in the water. Swim lessons at the Mount Rainier Pool:

- · Are FUN!
- Are tailored to teach essential water safety skills and logical swim skill progression.
- Include opportunities to practice skills learned outside of class time with practice cards.
- Swim lessons are available in group, private, and semi-private formats.

#### **SWIM LESSON SUMMER SCHEDULE:**

For exact dates visit www.mtrainierpool.com

- Tuesday/Thursday, 4:30–7 pm (2x/week for 4 weeks)
- Saturday, 7–11 am (1x/week for 8 weeks)
- NEW! Mon–Thu, 9:30–11 am (4x/week for 2 weeks)

## SWIM LESSON REGISTRATION RATES: Group lesson rates (average 8 classes/month)

Group lesson rates (average 8 classes/month) per session:

Per Session Pricing (Average)	Resident*	Non-Resident
Pre-Swim/ Learn-to-Swim/Adult	\$64	\$78
Parent/Child	\$47	\$60

#### More Information:

For more information visit www.mtrainierpool.com

#### **SCHOLARSHIPS**

The District now offers scholarships for up to 90%. Visit www. mtrainierpool.com for more information.



www.MtRainierPool.com



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# Senior Services, summer activities

For a complete list of Senior Service classes and events please pick up a schedule from Normandy Park City Hall, or visit City of Des Moines website at www.desmoineswa.gov. If you have any questions please contact 206-878-1642 (Des Moines Senior Service Center).

#### **ADULT ENRICHMENT**

#### **Get Your ORCA Card Senior and Disabled Reduced Fare**

No need to go downtown—ORCA is here! Come get your adult, senior, and disabled regional ORCA card. Must be 65 to qualify as a senior. The card is free, and you can add between \$5 to \$300 to the e-purse on your card, which works like a prepaid debit card and deducts the correct fare each time you tap your card on the bus, light rail or ferry. Cash, checks, and major credit cards accepted for e-purse payment.

Wed **Jul 10** 9:30-11:30am **Activity Center** 



#### CLASSES OR WORKSHOPS

NOTE-Classes are canceled one week ahead if there are not enough registrants to cover the instructor and course costs so please register at least one week in advance for our classes. Thank vou.

#### **Beginners Smart Phone Workshops**

Must bring in your smartphone to class. These classes are free workshops.

#### **Basic Smart Phone Settings**

Learn the basic settings on your phone and how to customize it to help make it easier to use: ring tones, touch screen shortcuts, magnification, volume control, and contacts.

Mon Jul 22 & 29 10-11am **Activity Center** 

#### **Basic App Skills**

Learn about how to install and use a variety of different, helpful apps.

Monday Aug 5 & 12 10-11am **Activity Center** 

#### **Learn to Ride Metro Transit Bus** and Light Rail

You must pre-register and attend both Part 1 and Part 2 classes. Call 206-878-1642 to register.

#### **Part 1: Classroom Presentation**

Come learn how to ride and navigate the LINK light rail. Get useful tips on planning your trip, paying, boarding, recognizing your trip, and transferring from LINK to buses.

Mon Sep 9 9:30-11am **English** 9:30-11am Thu **Sep 19** Spanish

#### **Part 2: Group Instruction Outing**

Gain confidence by riding the bus and light rail with our group. The Metro instructor will escort us on a trip so we can practice riding the bus to the light rail. Then we'll all get on the light rail to the University of Washington and make a practice stop along the way to experience getting on and off the light rail.

Wed Sep 11 9:30am-2:30pm English Sep 26 9:30am-2:30pm Spanish

#### **Watercolor: The Fun and Easy Way**

Whether you're just learning or an experienced watercolorist, this class provides a great balance of structured technique and creative expression. In each session of this six-week class, you'll create a new painting that uses a new watercolor technique while integrating the ones you've already learned. You'll paint seasonal subjects and landscapes from photos. Experienced painters can branch off and add their own creative flourishes.

Instructor: Sarah Schoenfeld

Tue Aug 20-Sep 24 1-3:30pm \$65 **Highline College** 



#### **Pill Bottle Picture Holders**

Repurpose your old pill bottles into cute photo holders.

Mon Jun 3 10-11:30am **FREE** 

#### AARP Smart Drivers Course

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the bad habits that have crept into your driving pattern. Upon completion of the course, your certificate will get you a discount on your auto insurance as required by state law. Lunch break provides an opportunity to take advantage of the Nutrition Lunch Program. Payment collected on first day of class in either check or money order form. Adults age 50+.

\$15 AARP member/ \$20 AARP non-member

Tue/Wed Jul 16-17 10am-2:30pm **Activity Center** 

#### SENIOR & ADULT FITNESS

#### **Enhance Fitness**

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training, and balance exercises. Gym-type shoes are required, and a water bottle always recommended. Co-sponsors are Kaiser Permanente and Sound Generations.

Instructor: Yu San Gartz

Tue/Thu/Fri Field House Drop-in fee: \$5 Jul 2-30\*\* 8:20-9:20am \$48 \$56 Aug 1-30 8:20-9:20am Sep 3-27 8-9am or 9:20-10:20am \$48

\*Effective Thursday, 6/27, there will be just one class at 8:20-9:20am

#### Yoga—All Levels Welcome

This gentle and easy flow class is designed to bring a suppleness to the spine; to engage the whole body with a quiet strength and to promote balance and flexibility. Wear comfortable clothing. Bring a mat and a blanket.

Instructor: Meagan of Sugarcane Yoga and Cuisine

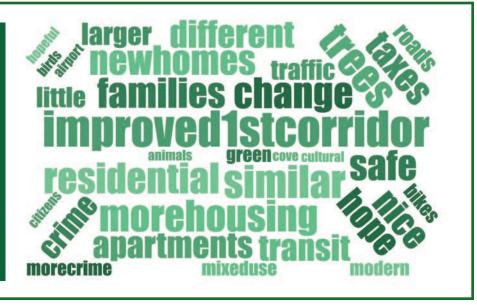
Thu **Activity Center** \$55 4:30-5:30pm Jun 13-Aug 8\*

\*No class 7/4



#### **SURVEY QUESTION:**

Looking ahead 20 years, how do you think Normandy Park will look?



<sup>\*\*</sup>No class 7/4

# Senior Services, summer activities

#### **Sunday Dances**

Dancing stimulates your mind, body, and soul! Waltz, Jitterbug, swing. Move to the live music of Randy Litch on our beautiful hardwood floor. Stafford Healthcare provides hot beverages. Adults of all ages welcome!

Sun	Jul 28	1–3pm	<b>\$</b> 5
Sun	Aug 25	1–3pm	<b>\$</b> 5
Activity	/ Center		

#### **Sunday Dances**

Local resident Gary McNeill hosts walks on (typically) the 3rd Sunday each month. The location and routes of the walks are subject to change, so updated information can be obtained on meetup.com by searching for Des Moines Waterland Walking Group.

Jul 28 11am **Meet at Des Moines** Marina near Fishing Pier Meet at Redondo Pier Aug 18 11am

#### SENIOR OUTINGS

#### **Out to Lunch**

Enjoy a no-host lunch at new and old favorite eateries around the Sound. All trips depart 10-10:45am and return about 2pm.

Age 50+ \$10 Transportation Fee Fri Jul 12 Salty's, Seattle Aug 9 Indo Asian Street Eatery, Tacoma Sep 13 Saimin Savs Hawaiian Restaurant, Kent

#### **Day Trips**

Lunch at the zoo.

Explore the Northwest and leave the driving to us! Age 50+ and travel days vary.

\$29 Wed **Jul 17** 9:30am-3pm Point Defiance Zoo, Tacoma See the new aquarium.

Wed Jul 24 9:30am-3pm \$30 Wings Over Washington, Seattle

Fly over Washington in the virtual world. Lunch at the pier.

Wed \$44 **Jul 31** 10:15am-1pm Olive Branch Café Tea Service, Tacoma Enjoy lovely tea and cakes.

Aua 5 \$29 Mon 10:15-4pm Rainier's Game, Tacoma

Get a free Rainier's hat! Ballpark lunch provided.

Wed Aug 14 9am-4pm \$17 The Polson Museum, Hoguiam

Learn about how the Polson family lived. Lunch TBD.

Wed Aug 21 9am-4pm \$12 Mt. Rainier Sunrise Visitor Center

Enjoy scenic views of the mountain. Bring a sack lunch.

Wed Aug 28 11am-3pm \$60 **Destiny Harbor Tour, Tacoma** See the city by boat. Bring a sack lunch.

Wed Sep 4 7:30am-4pm \$20 Bellewood Farms, Lynden

Tour the farm on a train. Lunch TBD.

Wed Sep 18 8:45am-3pm \$25 **Fall City Wallaby Ranch** 

Come pet a wallaby! Lunch TBD.

9am-3pm \$30 Wed **Sep 25 Seattle Underground** 

See what lies beneath the busy city. Lunch TBD.

#### **Horticulture Outings**

Explore lush and varied Northwest gardens and nurseries. Lunch at local eateries or bring a sack lunch. Note: Transportation fee does not reflect no-host lunch or garden admission fees.

Fri Age 50+ \$10 Transportation Fee **Jul 26** Depart: 9:30am

Art Converse Garden, Issaguah

Lunch: TBD

Aug 2 Depart: 8:30am Fox Island Tour. Gig Harbor

Lunch: Gig Harbor Airport

Aug 16 Depart: 10:00am **Bradner Garden Park, Seattle** 

Lunch: Bahama Breeze

#### **Golf Outings**

Enjoy playing nine holes at Puget Sound courses. Transportation is available on a first-paid basis or meet at the course. All players draw numbers to determine playing partners and tee position. Departure is 8-8:30am, and return time varies.

Mon Age 50+ \$10 Transportation Fee

Jul 15	Rolling Hills Bremerton	\$21
Jul 29	Enumclaw	\$14
Aug 5	Whispering Firs	\$20
Aug 19	Meadow Park Tacoma	\$21
Sep 9	Lake Wilderness Maple Valley	\$17
Sep 23	Horseshoe Lake Port Orchard	\$20



### BLUEPRINT FOR LIVING WORKSHOPS

A series of workshops and presentations designed to enhance your independence. Presentations are free unless otherwise noted and held at the Des Moines Activity Center. Register in advance by calling 206-878-1642.

#### **Caregiver Support Group**

Des Moines Activity Center hosts a weekly caregiver support group. As a supportive, informal group, caregivers share with others who are experiencing the same joys and challenges, and who can empathize and offer valuable insights, suggestions, and resources. Caregivers are welcome to bring their loved one, and a volunteer will provide activities for them. No registration necessary. In cooperation with Des Moines United Methodist Church.

Thu **Ongoing** 2-3:30pm

#### **Learn and Play Mexican** Train Dominoes!

Come and join in the fun! Prior to playing, you will get two 30-minute personalized lessons of how the game is played. Feel free to bring a snack to share while playing this fun game with a group who loves to laugh. Instructor: Barbara Cornwall, long-time player and patient teacher.

Tue Jul 2 & 9 12:30pm lesson/1-4pm play

#### **Native American Flutes and Stories**

Native American cultures. Musician and storyteller Gary Stroutsos plays the melodies of the Lakota, Mandan-Hidatsa, Navajo and Salish Kootenai nations. His long career includes the soundtrack of Ken Burns' PBS documentary, Lewis and Clark, and a command performance at the White House. Gary has been featured on

NPR broadcasts, New York Evening at the Pops and the radio program Echoes. Don't miss this stirring event.

Wed **Jul 17** 12:30-2pm

#### Is This A Healthy Choice? **Understanding Food Labels**

So you're trying to eat healthy, but as soon as you start reading food labels, things can get confusing. Learn to decipher some common, but often misunderstood terms (fatfree, organic, non-GMO, etc.) and gain confidence that you're making the right food choices for you. Learn to find the information you need. Instructor: Bridget Kubes, Garden Truck Educator

Tue Aug 13 10:30-11:30am

#### Cooking with Herbs and **Herb Butter Tasting**

Come learn how to use simple herbs to brighten up even simple meals. You don't need to be a great cook to learn which herbs go with what foods and vegetables to make them taste better and more fun to prepare. You'll make several herb butters and taste them on various vegetables and crackers to experience how delicious a simple herb butter can

be. English with Spanish translation. Instructor: Bridget Kubes, Garden Truck Educator

10:30am Thu Aug 15

#### **Des Moines, City of Sculptures!**

Come learn about the exciting sculptures springing up around Des Moines! Learn about the art and artists during the presentation and then join a group to hop a bus (free) down to the Marina to view some of the pieces there.

Instructor: Sheri Verburg, former Chair of the Des Moines Arts Commission

Tue Aug 20 10am

#### **Aviation History Series— Women in Aviation and Aerospace**

Women have made significant contribution to aviation since the first flight in 1903. Early female pilots boldly helped grow the industry and contributed significantly to flying for research, the military, racing, commerce and space. Women in the industry often trained and mentored other female pilots, and led the way to bringing down barriers for women in all aspects of the aviation industry. Come learn the names and deeds of the fascinating women who have made history in aviation.

Thu Aug 22 7pm



# Music in The Park

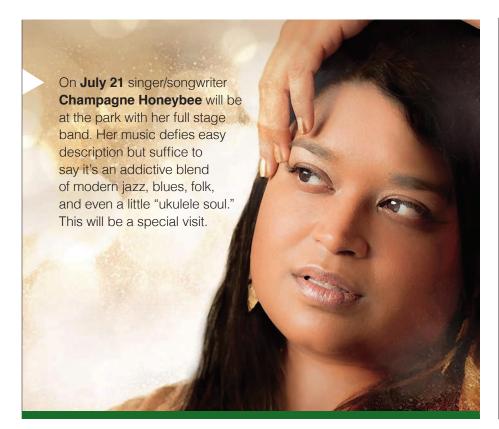
2019 SUMMER SERIES

BY ZEN MCMANIGAL Normandy Park Arts Commission Chair

t's that time of year again; time to drag out the lawn chairs and spend a summer Sunday afternoon enjoying great outdoor live performances in Normandy Park. The Arts Commission is celebrating our 24th year of hosting the summer concert series at Marvista Park, and this year we have seven consecutive Sundays lined up showcasing a number of extraordinarily talented and entertaining northwest performers.



We'll kick things off on July 14 with Crumac. The group includes Dublinborn Tom Creegan on the uilleann pipes and fiddler extraordinaire Dale Russ. Longtime followers of our summer series will remember Dale and Tom as part of the great Seattle Irish band The Suffering Gaels, and they will be returning with their high-energy songs, jigs, and reels. Not a bad complement to a warm sunny afternoon.



# Thank You!

We thank our sponsors that allow us to host these concerts for our community, including

City of Normandy Park, 4Culture, and the King County Library System.

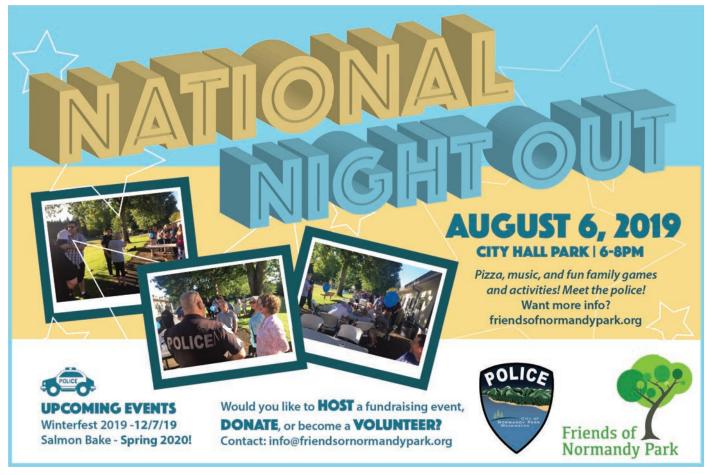


Starbucks will once again provide free iced coffee at the concerts for the thirsty among us.

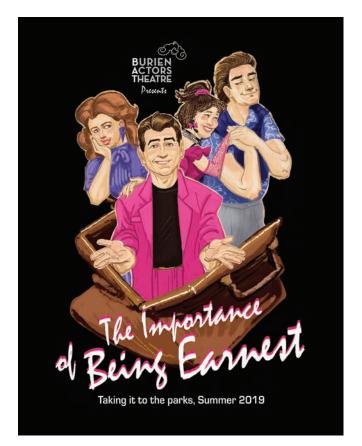




Next up on July 28, come for the name but stay for the music. The fantastically named Bad News Botanists make their first appearance at our little park with their unique brand of original music. Although they are cataloged under "jazz," they go way beyond that simplistic description and are more of a modern-day "jam band" with equal touches of alternative jazz, soul, R&B, funk and modern rock. They are creative and original, as evidenced by nominations for both NW Recording of the Year as well as Alternative Jazz Group of the year.

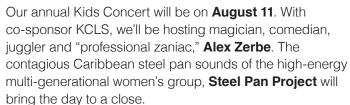


On **August 4** we're switching it up for a little theater provided by the Burien Actors Theater. They will be performing a unique version of the always-entertaining and funny Oscar Wilde play The Importance of Being Earnest. Best described as "a trivial comedy for serious people," the original was set in the 1890s. We're looking forward to see how BAT will reset the time to the 1980s. It should be a lot of fun.





On August 18 local favorite alternative rock band **Once Upon a Tuesday** will be here. With their very original songs and strong vocals, their sound is a little like Dave Mathews meets Jack Johnson.









Wrapping the summer series up on August 25 is the almost-too-sweetfor-their-own-good and couple-in-real-life **Sundae + Mr. Goessl**. This vintage jazz duo comprises award-winning vocalist Kate Voss and guitarist Jason Goessl. Persistence pays off! We tried to get them here last year but couldn't find a date that would work. We're excited to have them part of the line-up this summer.

# (Mease join us

for another summer of great live music and to support this amazing group of northwest performers. Oh, and by the way, it is free.

> To find out more information about the performers, including sampling of their music, please visit the city website at https://normandyparkwa. gov/arts-commissionevents/





# **Sea-Tac Stakeholder Advisory Roundtable**

BY CITY MANAGER MARK HOPPEN, StART MEMBER EARNEST THOMPSON, StART MEMBER ERIC ZIMMERMAN, START MEMBER

StART, the Sea-Tac Stakeholder Advisory Roundtable, was initiated over a year ago to bring communities surrounding the airport together for dialogue with Port of Seattle officials, airline representatives and Federal Aviation Administration employees. Similar groups have been set up in other cities around the nation to address noise, air pollution and quality of life issues associated with airport operations.

Shortly after forming, StART organized working subgroups for noise mitigation and, later, for federal regulatory legislation. Normandy Park's Eric Zimmerman, Earnest Thompson and I participate on the StART and noise subgroup, and Earnest Thompson also participates on the federal regulatory subgroup. There are StART members focusing

on immediate, tangible wins and those who focus on fundamental change in airport operations, both of which can positively affect quality of life for communities surrounding the airport.

StART members meet with national and regional subject matter experts on numerous issues, including airport operations, rules and regulations regarding night landings, noise characteristics of types of jets, impacts of glide slope, and on pathways and thrust usage to the terminal. These areas of analysis offer the possibility of near-term noise reductions.

> One noise reduction program that is underway is the

> Fly Quiet Program,

which seeks to reduce jet noise during late night hours.

The Fly Quiet Program is voluntary, however, and does not restrict night time operations. This is because the airport is a public entity that is required to accommodate all users to the greatest extent feasible. Currently, due to FAA regulations, there can be no curfew on night flights as in other countries. Increasing landing and departure volumes appear to be significantly increasing airport noise. Particulate emissions, regional

distribution of emissions, and consequences to public health are also of concern.

So are there any bright spots long term? We believe that the Federal Regulatory Policy work subgroup is the most likely element of the StART to help encourage substantial, measurable, noise and particulate reduction.

Congressional Bill H.R. 976 – the National Academies of Science. Engineering and Medicine report on the health impacts of air traffic - is an important step. In addition, the FAA reauthorization bill may have a positive, future impact.



**CONTINUED ON PAGE 31** 



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# **Teacher Rhiannon** You will be missed!

BY JENNIFER FERRER-SANTA INES. FINANCE DIRECTOR

hiannon Heinsohn joined the city in November 2015 as an Assistant Teacher in the 2 ½-3 ½ class.

She accepted the Lead Teacher position to teach the 3 ½-4 ½ class during the 2016-2017 school year where she implemented assessment programs in addition to providing a learning environment that is fun, caring, and age-appropriate curriculum.

When asking Rhiannon what she enjoyed most about working for the City of Normandy Park Preschool, she replied "I will miss the children the most and



the relationships I have formed with the families and my co-workers. As a preschool teacher, I was always excited to come to work each day. It never felt like work, and I loved that!"

Rhiannon is looking forward to settling into her new house with the family and maybe try a little farming on her recently acquired five acres! Congratulations on your new home!

Thank you for being a wonderful teacher. We will miss you. Have a great summer!

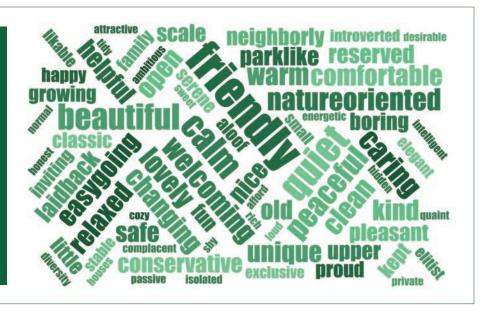


#### Participate in National **Night Out With the Normandy Park Police Department!**

On August 6th between 6-8PM at City Hall Park your Police Department will be hosting National Night Out. Meet the Officers that serve our community as well as your neighbors and other Normandy Park residents. The Police will answer questions and provide pizza! All are welcome! Great opportunity to find out what is going on in the community and what we can all do to help the Police keep us safe. Hope to see you there!

#### **SURVEY QUESTION:**

If Normandy Park was a person what words would you use to describe its personality?



#### **CONTINUED FROM PAGE 28 - START**

The Protecting Airport Communities from Particle Emission Act and The Aviation-Impacted Communities Act, as well as a secondary noise insulation package bill are all current proposals before Congress.

There are groups across the nation (and at least one member of our immediate Normandy Park StART team) seeking to encourage alternative transportation options other than air transport. America's rail system has been neglected for decades in favor of trucks and jets. Rail-based solutions are seriously on the public table. WSDOT is beginning the reimagination of the I-5 system and that includes bullet trains.

With committed effort. Normandy Park residents can continue to live in a quiet, healthy, tree-filled, urban hideaway with plenty of clean air. Sustaining that vision depends on active and involved citizens.



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# King County Fire District #2



Saturday, September 7th, 2019 10am - 3pm



## Come join us for a FREE day of fun at Fire Station #28 in Burien

\* Learn about safety and meet Sparky the Fire Dog and The Mariner Moose \* Climb aboard a fire engine \* Play games \* Win prizes \* Hunt for candy\* Police ID cards for children \* Make crafts \* Face Painting ' Live, Action Demonstrations and Much, Much, More \*



Station #28 is located at: 900 SW 146th St. Burien, WA 98166

For More Information: Please Call (206) 242-2040





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